

EXPLORE!

Beyond the Mekong
16 days

Cambodia, Laos, Thailand - Trip code BM



Beyond the Mekong

This exciting journey uncovers northern Thailand before taking us deep into South East Asia's less visited countries of Laos and Cambodia. We cruise along the Mekong River through a countryside of jungle covered hills and small fishing villages as we journey to Luang Prabang, Laos' sleepy riverside gem. We fly on to French colonial Vientiane then make our way further south to Cambodia, where we discover the buzzing capital city of Phnom Penh and Siem Reap, the gateway to the epic temples of Angkor.

Trip highlights

- ★ **Bangkok** - Discover the glittering Grand Palace and the temple of the Reclining Buddha at Wat Po
- ★ **Chiang Mai** - Explore the bustling old walled town full of ancient temples
- ★ **Mekong River** - Take a boat journey past rugged cliffs, fishing villages and jungle covered hills
- ★ **Luang Prabang** - Wander through the sleepy French Colonial riverside town
- ★ **Angkor Temples** - Marvel at the iconic and awe-inspiring Khmer temple complex of Angkor

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:**Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Tour starts in Bangkok

Arrive in Bangkok and check-in at our hotel. The rest of the day is free to relax after your flight. Alternatively, you may choose to take an optional cruise in a traditional longtail boat along the city's network of meandering waterways, known as Klongs. Stops include the Royal Barge Museum and the iconic Wat Arun, the Temple of the Dawn, which was built to represent the towering slopes of Mount Meru, the home to the gods of Khmer mythology.



Accommodation: Royal Princess Larn Luang Hotel (or similar)



Premium Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 2 - In Bangkok, visit the Grand Palace and Buddhist temples; take sleeper train to Chiang Mai

This morning's sightseeing takes us by bus and boat to Bangkok's iconic sights including the spectacular Grand Palace complex with its collection of palace buildings, golden stupas, temples, known as wats, and decorative statues. The most revered of the wats here is Wat Phra Kaeo, the temple of the Emerald Buddha, a small statue carved out of a single piece of jade. We leave the Grand Palace and walk to the largest wat in Bangkok, Wat Pho, famous for its impressive 46 metre gold-plated reclining Buddha. This evening we board the overnight train for Chiang Mai.



Accommodation: Overnight Train from Bangkok to Chiang Mai



Simple Overnight Train

DAY 3 - In Chiang Mai, free day to explore or try a Thai cookery class

Thailand's second city of Chiang Mai, in the north of the country, is surrounded by jungle covered hills at an elevation of 300m and offers a respite from the heat and noise of Bangkok. Today we enjoy an orientation walk of the old walled city, with its many ancient temples. There is free time this afternoon to explore further, perhaps taking an optional excursion to the golden Doi Suthep temple that sits on a hill overlooking the city, or perhaps try your hand at Thai cookery at a class. A visit to Chiang Mai's famous night market is a must this evening; here you will find everything from t-shirts to jewellery to traditional hilltribe crafts.



Accommodation: The Park Hotel (or similar)



Premium Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 4 - From Chiang Mai journey by road and boat along the Kok River to Chiang Rai

This morning we leave Chiang Mai and drive further north through hilltribe country to Tha Ton, a small rural town on the Kok River. Here we board longtail boats for the relaxing cruise downstream towards Chiang Rai. Chiang Rai has a large hilltribe population, attracted by the cool climate and the rolling forested hills. This evening there will be time to explore Chiang Rai's night market, well known for its many food stalls, so a great place to enjoy some street food for dinner.



Accommodation: Diamond Park Inn Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - From Chiang Rai travel via the Golden Triangle across the border into Laos

Today we travel to the interesting fortified city of Chiang Saen which can only be described as a lively one street town surrounded by scattered ruins of temples, crumbling stupas and grass covered walls and ramparts. Founded in 1328, the town was once a Burmese stronghold that was destroyed and re-built many times. From here we continue on to the infamous Golden Triangle, the point of confluence between Thailand, Burma and Laos. Here you will have the option to visit the fascinating opium museum. Towards the end of the day we cross the border at Chiang Khong into Laos and drive a short distance to the small village of Ban Houei Sai, where we can settle back and begin to enjoy the slow pace of life in Laos.



Accommodation: Houeixai Riverside (or similar)



Simple Guesthouse

DAY 6 - Cruise along the Mekong River, overnight in Pakbeng village

This morning we board our boat and start to cruise along the Mekong River. Travel today is slow, but this allows us to absorb the sense of remoteness and timelessness of life on the river. We pass hills covered with dense vegetation, rugged cliffs, small fishing villages with nearby rice paddies and white sandy riverbanks. The Mekong has long been the major trade route for caravans from Yunnan in China to Chiang Mai in ancient Siam. Even today there are few roads through the undulating countryside, so the river remains the lifeblood of the region. In the late afternoon we arrive in Pakbeng village for our overnight stay. Here we can enjoy the warm orange glow of the sunset over the river.



Accommodation: Phetsokxai Hotel (or similar)



Simple Hotel



Meals Provided: Breakfast & Dinner

DAY 7 - Continue boat journey via Pak Ou Caves to Luang Prabang

This morning we continue our journey along the Mekong River towards Luang Prabang. En route we will stop and visit Pak Ou Caves where we climb steps up a limestone cliff to reach the sacred Buddhist shrine, crammed with small Buddha images of all shapes and sizes. We arrive at Luang Prabang, the country's former capital, in the afternoon. Situated among the rolling hills of the Upper Mekong River, this tranquil little town is celebrated for its exceptionally lovely setting and its sleepy vibe. We take an orientation walk which includes a visit to Wat Xien Thong, located in a delightful garden on the banks of the Mekong River.



Accommodation: Villa Kieng Kham Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - In Luang Prabang, free day with the option to visit the traditional village of Lao Loum

One of the most peaceful experiences in Laos is seeing hundreds of saffron-robed monks of Luang Prabang walking through the streets at sunrise collecting alms. You may choose to get up early to enjoy this experience. Today has been left free for you to enjoy Luang Prabang as you wish. You may decide to simply wander the streets and absorb the pleasant atmosphere of this former Royal capital, or perhaps visit the Royal Palace Museum. There is also the option to take a tuk-tuk trip to the traditional Lao Loum village, where you can witness women weaving, see paper-making and watch blacksmiths at work. Later this afternoon, we suggest you climb to the temple on top of the small Mount Phousi to enjoy sunset views over town.



Accommodation: Villa Kieng Kham Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - From Luang Prabang, visit Kuang Si Waterfalls; afternoon flight to Vientiane

After breakfast we travel by bus to the beautiful Kuang Si Waterfalls, around 45 minutes from Luang Prabang, with a short stopover at Wat Mai temple. Passing forested hills and several ethnic minority villages we arrive at the limestone falls that cascade into several clear pools below. We return to Luang Prabang for our afternoon flight to the Laos capital of Vientiane.



Accommodation: Avalon Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - In Vientiane, morning city tour; free afternoon with the option to visit the Buddha Park

This morning we explore the low-rise French colonial capital and explore some of the main sights including the Victory Gate, a Triumphal Arch affording us good views of the city; That Luang stupa, said to contain a hair of the Buddha; and Wat Sisaket, packed with fine Buddha images. The afternoon is left free, you may choose to take a visit out of the city to the Buddha Park. In the evening, it is pleasant to promenade along the banks of the Mekong whilst the sun sets over the Thai city of Nong Khai across the border on the western bank.



Accommodation: Avalon Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - Fly to Phnom Penh in Cambodia, visit Royal Palace and National Museum of Arts

Leaving Laos we fly to Cambodia and another of Indochina's charming French colonial capitals, Phnom Penh. Here we visit the National Museum of Arts, which contains a notable collection of Khmer Sculpture that has been rescued from the temples of Angkor, giving us a flavour of things to come. We also explore the ornate Royal Palace with its stunning Silver Pagoda.



Accommodation: Silver River Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - In Phnom Penh, visit Tuol Sleng Genocide Museum and the 'Killing Fields'

Today we continue our sightseeing in Phnom Penh and discover some of Cambodia's dark history. We pay a visit to the emotive Tuol Sleng Genocide Museum, once a high school that became the Khmer Rouge's main torture and interrogation centre. We then take a short drive out of the city to the infamous 'Killing Fields' of Choeung Ek, a grim place featuring a huge glass tower memorial filled with human skulls, a truly sombre reminders of the scale of Pol Pot's atrocities. Some people may find Tuol Sleng and the 'Killing Fields' distressing. In the afternoon there is time to explore Phnom Penh further perhaps visiting one of the many bustling markets in the city such as the Russian market; alternatively or we can arrange a private good luck blessing at a local monastery or a cooking class so you can try your hand at Khmer cuisine.



Accommodation: Silver River Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - Drive to Siem Reap; late afternoon visit Angkor Temples for sunset

We make an early start for today's drive to Siem Reap, we will pass through small provincial towns and stop somewhere for lunch along on the way. Later in the day after we have checked in to our hotel in Siem Reap we begin our exploration of the ancient temples of Angkor. This incredible ruined city, built between the 9th and the 15th centuries is spread out over some 400 square kilometres, scattered with walled cities and magnificent stone temples, sculptures, causeways and reservoirs, amongst forested areas. Today we will visit some of the earliest of Angkor's temples including Ta Keo, Kravan, East Mebon and Pre Rup. We stay for sunset over the historic temples.



Accommodation: Angkor Panoramic Boutique Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 14 - From Siem Reap, return to Angkor to explore temples of Ta Prohm, Banteay Srei and Angkor Wat

Today we pay a visit Ta Prohm, lying half consumed by the jungle and made famous by the movie 'Lara Croft'; Banteay Srei, a small temple with exquisitely carved lintels, and finally the most iconic of all - Angkor Wat itself. Built in the early 12th century by King Suryavarman II Angkor Wat was first a Hindu and later a Buddhist temple and it is without doubt the epitome of Khmer architecture, a huge three-step pyramid adorned with nine towers, covering an area of 2.5 square kilometres. Its Hindu past is apparent in the beautifully preserved bas reliefs depicting episodes from the Ramayana and the Mahabharata stories.



Accommodation: Angkor Panoramic Boutique Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 15 - From Siem Reap, option to see sunrise at Angkor Wat; explore Angkor Thom; afternoon flight to Bangkok

We have a few final hours this morning to visit the temples one last time. You may choose to make an early start and watch the sunrise at Angkor Wat. This morning after breakfast we visit the temples of King Jayavarman VII, including the walled city of Angkor Thom, home to the Bayon, with its serenely beautiful faces and the Terrace of Elephants. Later today we bid farewell to Angkor and fly back to Bangkok.



Accommodation: Royal Princess Larn Luang Hotel (or similar)



Premium Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 16 - Tour ends in Bangkok

Our tour ends after breakfast. If you have time you may wish to wander through Chinatown for a different flavour of the city or visit one of the many markets or shopping malls.



Meals Provided: Breakfast



Why book this trip

This classic route through this part of Indochina is a favourite with our customers. You will take an in-depth look at the north of Thailand before travelling into Laos and then on to Cambodia. You will see the highlights of three countries in two weeks and experience the diversity of the region. This is a great holiday for travellers who want to see as much as possible in a relatively short time.

What's included?



Included meals

Breakfast: 14
Dinner: 1



Transport

Bus
Boat
Flight
Train



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

1 nights simple guesthouse
3 nights premium hotel
5 nights standard hotel
5 nights simple hotel
1 nights simple overnight train

Trip information

Country information

Cambodia Holidays & Tours

Climate

Cambodia is a hot and tropical country, being hottest in April and coolest in January (still high 20s). Although rainfall is at its maximum in October, Phnom Penh and Siem Reap receive very little rain compared to the coastal areas, and when it does rain it tends to be in the form of sporadic mid afternoon downpours. There is normally very little rain between December and March.

Time difference to GMT

+7

Plugs

2 Pin Round

Religion

Buddhism

Language

Khmer

Laos Holidays & Tours

Climate

The area of Laos and Thailand is tropical 'cool' from November to February, (15 to 27 Degrees Centigrade); 'hot' from March to May (up to 38 Degrees); 'wet' from June to October (rainy, hot and muggy). Bangkok and lowland areas are sticky all year round, but the northern highlands (Luang Prabang) are more temperate with a drier heat. The so-called 'cool' season can get very cold in the uplands at night and in the morning, bring a fleece.

Time difference to GMT

+7

Plugs

2 Pin Flat

Religion

Buddhist

Language

Lao

Thailand Holidays & Tours

Climate

Generally hot with high humidity. There is some rainfall from April to September with most days being hot (around 33 Degrees) and a light breeze on the islands. If it does rain, it will be more of a heavy tropical downpour that lasts a few hours. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>.

Time difference to GMT

+7

Plugs

2 Pin Round

Religion

Buddhism

Language

Thai

Budgeting and packing

Optional activities

Bangkok - Longtail boat excursion on the klongs including visit to Royal Barge museum £14 Chiang Mai - Cookery class £23 Chiang Rai - Golden Triangle Opium Museum entrance fee £2 Vientiane - Buddha Park US\$11 Siem Reap - Scenic helicopter flight over Angkor temples from US\$202; Optional sunrise at Angkor Wat US\$12 Phnom Penh - Private Blessing US\$34; Private Cooking class US\$36 The prices stated are based on a minimum number of participants (usually 5-6). Please be aware that the optional excursions can run with fewer people but the price may be higher. Likewise, a slightly reduced price may be applicable where the participation is greater. These excursions are generally run via our agent in the country. Local companies may offer similar excursions at a cheaper price. Should you want to use these companies please be aware that a lower price may mean that not all costs are included (entrance fees etc.) or services will not operate at the same safety and quality standards

Clothing

Days are hot and humid. Lightweight rainwear or an umbrella can be purchased cheaply if required locally. The northern region is cold at night during the winter (Dec - Feb). A fleece or coat is advisable during this period, in particular during our days on the Mekong. Laundry facilities available from Luang Prabang onwards. Please note that when visiting temples men and women will need to cover their shoulders (shawls over clothing are not accepted) and shorts are also not appropriate for either sex.

Footwear

Comfy shoes, trainers & sandals.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Bring a torch and a water bottle.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 30.

Country Information

Cambodia Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£6

Dinner price

£10.00 - 12.00

Beer price

£1.3

Water price

£0.6

Foreign Exchange

Local currency

Riel.

Recommended Currency For Exchange

In Cambodia, US\$ is the most commonly used currency (small denomination notes are easier to use).

Where To Exchange

Large towns.

ATM Availability

There are ATMs in most towns and cities.

Credit Card Acceptance

Credit cards are accepted in some large shops and restaurants in Phnom Penh and Siem Reap.

Travellers Cheques

They can be hard to change outside of Siem Reap and Phnom Penh; we recommend them for emergencies only.

Laos Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£6

Beer price

£0.75

Water price

£0.75 - 1.50

Foreign Exchange

Local currency

Kip.

Recommended Currency For Exchange

US\$ are the easiest to exchange in Laos.

Where To Exchange

All major currencies and travellers cheques are exchangeable in the main towns.

ATM Availability

ATMs are available in most major towns and cities including Vientiane, Luang Prabang, Vang Vieng and Savannekhet.

Credit Card Acceptance

There is very limited credit card use.

Travellers Cheques

Travellers cheques are exchangeable only in the main towns.

Thailand Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£4.00 - 8.00

Beer price

£1.5

Water price

£0.5

Foreign Exchange

Local currency

Thai Baht

Recommended Currency For Exchange

We recommend that you bring your money in GBP or US\$.

Where To Exchange

Most major towns and on the islands - your Tour Leader will advise you on arrival.

ATM Availability

ATMs are available in Bangkok but are limited on the islands.

Credit Card Acceptance

Major stores and restaurants.

Travellers Cheques

Can be exchanged at banks and exchange offices throughout the tour although rates may not be as favourable.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight, Train

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Thailand: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens for a stay of less than 30 days. All passports must have at least 6 months validity remaining on entry to Thailand. Laos: A single visa is required for UK, Australian, New Zealand, US and Canadian citizens. This is obtained on arrival into Laos at a cost of 30USD for New Zealand & Australian citizens, 35USD for UK & US citizens and 42USD for Canadian citizens. You will need 1 passport photo for this visa. Cambodia: A single visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival. A passport sized photograph for immigration will also be required. Alternatively you can now obtain an e-visa prior to departure from www.mfaic.gov.kh All visa information should be confirmed with the relevant consulate.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click [here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Cambodia Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, tetanus, typhoid, diphtheria and polio. Consult your GP regarding tablets advised for malaria. Though not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Laos Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and hepatitis A. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Thailand Holidays & Tours

Vaccinations

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and infectious hepatitis. Although not compulsory, travellers may also wish to immunise themselves against Japanese encephalitis. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

